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Dear Friends,

Please enjoy the 2019 Dementia Information and Support Guide! We hope you find this information useful, informative, and reassuring; whether you are one of the 180,000 people living with Alzheimer’s disease in Michigan, or are among the half-million individuals in our state serving as caregivers for those affected.

The Alzheimer’s Association is the leading voluntary health organization in Alzheimer’s care, support and research. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.

As the largest nonprofit funder of Alzheimer’s research, the Association is committed to advancing vital research toward methods of treatment, prevention and, ultimately, a cure. Truly, there has never been a more exciting time in Alzheimer’s and dementia science.

Perhaps the most promising studies are centered on prevention – testing to see if we can intervene with people at high risk before the dementia symptoms start. The Alzheimer’s Association is providing funding to several of these trials. Just this past January, we announced that we will be awarding more than $800,000 to support the SPRINT MIND 2.0 Study, which will further investigate the impact of intensive blood pressure treatment on reducing risk of dementia. The Alzheimer’s Association also recently announced the 2018 launch of the US POINTER study, a 2-year clinical trial to test the effectiveness of a multicomponent lifestyle intervention in preventing cognitive decline and dementia.

Until we find a cure, we remain committed to care. Whether through community education programs, support groups, family care planning or our 24/7 helpline, we are here in your local community to help you through this journey. The Michigan Great Lakes Chapter serves 23 counties of Michigan but we have chapters covering all counties throughout the United States. If you have questions or need help, please do not hesitate to reach out to us at 1-800-272-3900 or www.alz.org.

As part of this guide, you will find community partners who helped us move our mission forward through sponsorship of our 2018 Walk to End Alzheimer’s. We thank them for their support, and as always, we wish to thank all of our volunteers, donors, community partners and everyone who helps us get one step closer to our vision.

Until, together, we find a cure,

Jennifer Howard
Executive Director
Michigan Great Lakes Chapter

Ann Arbor
South Central Region
564 South Main Street
Suite 200
Ann Arbor, MI 48104
734-369-2716

Okemos
Capital Area Region
2111 University Park Drive
Suite 200
Okemos, MI 48864
517-999-3004

Kalamazoo
Southwest Area Region
200 Turwill Lane
Suite 6
Kalamazoo, MI 49006
269-342-1482

Muskegon
West Shore Region
549 Seminole
Suite 103
Muskegon, MI 49444
231-780-1922

MICHIGAN GREAT LAKES CHAPTER STAFF

Jennifer Howard
Executive Director

Jamie Hochman Herz
Program Director

Samantha West
Communications Director

Jennifer Hunt
Public Policy Director

Cammi Robinson
Senior Program Specialist

Melissa Goodson
Development Director

Charmaine VanDeCar
Operations Manager

South Central Region
Nicole Colley
Development Manager

Capital Area Region
Nicole Bebee
Walk Coordinator

Ashley Elliston-Cowher
Program Coordinator

Matt Phelan
Public Policy Manager

Marsha Oberleiter
Walk Coordinator

West Shore Region
Tim Breed
Community Engagement Manager

Stephanie Wolyniak
Administrative Assistant

Laura Klassen
Program Coordinator

Southwest Area Region
Cassidy Ardelean
Program Coordinator

Erin Murphy
Special Events Coordinator

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The Elder Care Firm of Christopher J. Berry, CELA focuses on helping seniors, veterans, and their families protect their assets from the devastating cost of long-term care.

Being diagnosed with Alzheimer’s or Dementia can end up costing a family over $738,000 according to USA Today, October 15, 2015. Don’t let chronic illness like Alzheimer’s Disease bankrupt your family. There are legal steps you need to take today to protect your assets so that your family doesn’t go broke paying for long-term care. The earlier you start planning, the more you can protect.

Contact The Elder Care Firm right now to start planning and protecting your family at (888) 390-4360.

If you’d like more information, call and register for one of our Free LifeCare Planning workshops that will answer your questions on planning for long-term care with Medicaid or Veterans Benefits.

The Elder Care Firm
of Christopher J. Berry, CELA

P: (888) 390-4360 | E: contact@theeldercaresfirm.com | W: TheElderCareFirm.com
Get the help you need

The Alzheimer’s Association facilitates clinical research, educates and offers support. Below, you can find the programs that best address your needs. You can also contact us if you would like us to arrange a program in your area.

**Education programs**

The Alzheimer’s Association, Michigan Great Lakes Chapter organizes education programs in communities throughout the area. Learn the 10 warning signs and basics of Alzheimer’s disease, get tips on habits for healthy aging, get help on how to have conversations about care or financial and legal matters, and get support on how to communicate effectively and how to cope with difficult behaviors. Dates, locations and topics vary month to month. Advance registration is requested.

**Support groups**

We offer support groups for anyone impacted by Alzheimer’s disease or other types of dementia, whether you are the primary caregiver, a long-distance family member, or friend. Support groups meet monthly at various locations throughout the state, and are open to caregivers at any time. Early-stage social engagement programs are available for those living in the early stages of the disease, and an initial phone conversation is recommended to ensure the group is a good fit for the person with the disease and their care partner. For those who can’t make it to an in-person support group, AlzConnected® is a free online community for everyone affected by Alzheimer’s. Our toll-free helpline is also available 24/7, 365 days a year at 800-272-3900.

**Alzheimer’s Association TrialMatch®**

TrialMatch is a free program that matches individuals with Alzheimer’s, caregivers, and healthy volunteers with clinical trials. After signing up, you will receive suggestions of trials for which you might be eligible. It is always up to you to decide which trials you are interested in. Once you express an interest, the researchers running the study may contact you and ask you to participate. There are currently over 225 clinical studies participating in the program, all conducting research to find a cure, a treatment to alleviate symptoms, or a way to diagnose Alzheimer’s earlier and with more accuracy.

**Care consultations**

Care consultations can be done in person or on the phone. They allow caregivers and the person living with Alzheimer’s to develop an action plan with the help of a social worker. All consultations are tailored to individual needs, but often include an assessment of needs and assistance with planning and problem solving.

**Physician outreach and professional training**

The Alzheimer’s Association offers support and training to physicians and professional caregivers. Some services include care training and certification, extensive online resources on diagnosis and best practices, and an e-newsletter for health care professionals.
Find local care and support services with Community Resource Finder

The Alzheimer’s Association and AARP have partnered to provide the Community Resource Finder, which is a free online tool that makes it easier for individuals and families who are facing health issues, including Alzheimer’s and other dementias, to find programs and services in a specific location.

Use the advanced search tool to find resources based on specific needs, such as payment options and specialized services, including memory care. Conduct a search based on ZIP code to find service providers nearby and those that make home visits.

Access a wide range of services to fulfill immediate needs and plan for the future. Some examples include:

- Housing options
- Care at home
- Medical services
- Legal services, including elder law attorneys.
- Community services, such as adult day centers and transportation.
- Alzheimer’s Association information, programs and services, including support groups.
- AARP information, programs and services.

Share search results with family and other care team members so everyone can make informed decisions together.

Visit Community Resource Finder at alz.org/crf to locate dementia and aging-related resources, programs and services in your area.

Find resources near you today at alz.org/crf
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Alzheimer’s is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

Alzheimer’s is the most common cause of dementia, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Dementia is not a specific disease. It’s an overall term that describes a group of symptoms associated with a decline in memory or other thinking skills severe enough to reduce a person’s ability to perform everyday activities.

Alzheimer’s disease accounts for 60 to 80 percent of cases. Vascular dementia, which occurs after a stroke, is the second most common dementia type. But there are many other conditions that can cause symptoms of dementia, including some that are reversible, such as thyroid problems and vitamin deficiencies.

Alzheimer’s is not a normal part of aging. The greatest known risk factor is increasing age, and the majority of people with Alzheimer’s are 65 and older.

Alzheimer’s is also a progressive disease, where symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer’s, individuals lose the ability to carry on a conversation and respond to their environment. On average, a person with Alzheimer’s lives four to eight years after diagnosis, but can live as long as 20 years, depending on other factors.

Alzheimer’s is the sixth leading cause of death in the United States. It has no current cure, but treatments for symptoms are available and research continues. Although current Alzheimer’s treatments cannot stop Alzheimer’s from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer’s and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.

Many people have memory loss issues. This does not mean they have Alzheimer’s or another dementia. There are many different causes of memory problems. If you or someone you know is experiencing symptoms, visit a doctor to learn the reason. Not only can some causes of dementia-like symptoms be reversed, but an early diagnosis allows more access to treatment options, an opportunity to participate in clinical trials, and a chance to prioritize your health and plan for the future.

“There are many different causes of memory problems. If you or someone you know is experiencing symptoms, visit a doctor to learn the reason.”
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10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.

- Find time for yourself. Consider respite care so you can spend time doing something you enjoy.
- Know what resources are available. Adult day programs, in-home assistance and meal delivery are some of the services that can help.
- Become an educated caregiver. As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.
- Get help and find support. Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.
- Make legal and financial plans. Putting plans in place after an Alzheimer’s diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.
- Manage your level of stress. Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek help from a doctor or counselor.
- Take care of yourself. Try to eat well, exercise and get plenty of rest.
- Know you’re doing your best. Remember that the care you provide makes a difference and that you are doing the best you can.
- Accept changes as they occur. The needs of people with Alzheimer’s change over time. For care beyond what you can provide, utilize community resources.
- Visit your doctor regularly. Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Learn more at our Alzheimer’s and Dementia Caregiver Center: alz.org/care
YOU’RE LOOKING FOR PEACE-OF-MIND. WE CAN HELP WITH THAT.

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David E. Waterstradt
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Michigan Great Lakes Chapter
alzheimer’s association
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Whether you like to walk, play cards, hit the links or hit the dance floor, we have an event for you! There are lots of year-round opportunities to raise funds and awareness for Alzheimer’s care, support and research. Below are just some of the ways you can participate. Visit alz.org/mglc, subscribe to our e-newsletter, or like us on Facebook (facebook.com/AlzMGLC) to keep up with our latest events!

**Walk to End Alzheimer's**

The world’s largest event to raise funds and awareness for Alzheimer’s care, support and research, the Alzheimer’s Association Walk to End Alzheimer’s takes place in more than 600 communities nationwide between mid-August and mid-October. With 22 Walks in the state of Michigan each year, it’s easy to participate. Start or join a team at alz.org/walk. Interested in joining a volunteer planning committee or becoming a sponsor? Email mgoodson@alz.org to learn more!

**The Longest Day**

The day with the most light is the day we fight. Each year on the summer solstice, the longest day of the year, thousands of people across the country do an activity they love – or an activity loved by those affected – to help end Alzheimer’s. From swimming to scrapbooking, you’re limited only by your imagination. Your event can take place anytime between October and August, but be sure to join us on the summer solstice, as people across the world will come together to celebrate our progress in the global movement to help end Alzheimer’s disease. Visit alz.org/thelongestday to sign up and select an activity!

**David E. Rutledge Charity Golf Outing**

Each July, the Alzheimer’s Association, Michigan Great Lakes Chapter, hosts our annual David E. Rutledge Charity Golf Outing. One of the longest-running golf outings in Southeast Michigan, the event, chaired by former State Representative David E. Rutledge, has raised more than $1,000,000 since its inception. Join more than 150 area business leaders for this great event. Email mgoodson@alz.org to learn more.

**Rockin’ for Alz**

If you love live music and supporting a good cause, you don’t want to miss our annual Rockin’ for Alz event! Each spring, our chapter partners with PAR Rehab to put on a musical celebration to raise funds and awareness for the Alzheimer’s Association. Featuring Dr. Fab and the Off the Couch Band, this event is an evening of food, fun and rock & roll. Call 734-369-2716 to save your seat for Michigan’s hottest Alzheimer’s benefit concert!
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H ave you ever found yourself frustrated when trying to explain something to someone with Alzheimer’s disease? Or has the person affected not accepted that they aren’t fully understanding? Here are a few examples of phrases repeated by Alzheimer’s caregivers:

“I’ve told her not to put things in the trash can, but she doesn’t listen!”

“He tells me that he wants to go home. This is his home. We’ve lived here for 35 years. When I tell him that, he just gets angry.”

Or, “I get frustrated when Mom asks me what day it is. I start to lose my patience when I answer her for the fifth time.”

Families have a hard time accepting changes in communication with this illness. It is also hard to let go of old habits like arguing or reasoning with a loved one who doesn’t understand what you are saying. There are a few things to keep in mind when communicating with a person with memory loss.

Consider that brain changes can cause communication problems and irrational behavior.
Your loved one is not behaving this way to annoy or irritate you. In fact, they are probably not aware of the impact of their actions.

Realize that you don’t always have to be right.
For instance, you will never “teach” your loved one not to hide things in the wastebaskets. Instead, your family will learn to accept this behavior and check the wastebaskets before emptying them. Pick your battles before you start an argument.

Visit alz.org or attend a local education program to learn different communication techniques that will help you and the person with Alzheimer’s disease understand one another and avoid unnecessary confrontations. After all, you will never “win” an argument with a person with Alzheimer’s.

People living with Alzheimer’s weigh in on what they want their loved one to know:

- Speak with a smile, so I know that you care.
- Use language I understand – keep it simple, no jargon or slang.
- Be clear and concise.
- Let me take the time to think through what you said to me.
- Please be patient with me. I am doing the best I can, and I know that you are, too.
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It may be hard to know the difference between age-related changes and the first signs of Alzheimer’s disease. Some people may recognize changes in themselves before anyone else notices. Other times, friends and family will be the first to observe changes in memory, behavior or abilities.

To help identify problems early, the Alzheimer’s Association® has created a list of warning signs for Alzheimer’s and other dementias. Individuals may experience one or more of these in different degrees.

1 Memory loss that disrupts daily life

One of the most common signs of Alzheimer’s disease, especially in the early stages, is forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over and increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

What’s a typical age-related change? Sometimes forgetting names or appointments, but remembering them later.

2 Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

What’s a typical age-related change? Making occasional errors when balancing a checkbook.

3 Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer’s disease often find it hard to complete daily tasks. Sometimes, they may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

What’s a typical age-related change? Occasionally needing help to use the settings on a microwave or to record a television show.

4 Confusion with time or place

People with Alzheimer’s can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

What’s a typical age-related change? Getting confused about the day of the week but figuring it out later.

5 Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer’s. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

What’s a typical age-related change? Vision changes related to cataracts.
6  New problems with words in speaking or writing

People with Alzheimer’s disease may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name (e.g., calling a “watch” a “hand-clock”).

What’s a typical age-related change? Sometimes having trouble finding the right word.

7  Misplacing things and losing the ability to retrace steps

A person with Alzheimer’s may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

What’s a typical age-related change? Misplacing things from time to time and retracing steps to find them.

8  Decreased or poor judgment

People with Alzheimer’s may experience changes in judgment or decision making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

What’s a typical age-related change? Making a bad decision once in a while.

9  Withdrawal from work or social activities

A person with Alzheimer’s disease may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

What’s a typical age-related change? Sometimes feeling weary of work, family and social obligations.

10  Changes in mood and personality

The mood and personalities of people with Alzheimer’s can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

What’s a typical age-related change? Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

Note: Mood changes with age may also be a sign of some other condition. Consult a doctor if you observe any changes.

If you or someone you care about is experiencing any of the 10 warning signs of Alzheimer’s disease, please see a doctor to find the cause. Early diagnosis gives you a chance to seek treatment and plan for your future.

The Alzheimer’s Association can help.
Visit: alz.org/10signs
Call: 800.272.3900
Learn more: alz.org/training
A few tips for staying safe with Alzheimer’s

Alzheimer’s disease causes a number of changes in the brain and body that may affect safety, which is why safety must be a priority before it’s a problem.

Depending on the stage of the disease, there are a number of safety issues to think about, such as forgetting how to use household appliances, getting lost on one’s own street, or having trouble with balance.

1. **Put safety measures in place at home.** Evaluating your environment can help identify potentially dangerous objects and substances and can allow you to make necessary changes to avoid injury during daily activities.

2. **Watch for signs of wandering.** Six in 10 people with dementia will wander and become lost. Signs that a person may wander include forgetting how to get to familiar places, or returning...


home from a regular walk or drive later than usual. Make sure all basic needs are met before the individual is left alone.

3 **Know when it’s time to stop driving.** Making slow or poor decisions can be a sign that it’s time to stop driving. Having a conversation early on about how independence can be maintained when the person can no longer drive will help make the transition easier.

4 **Be prepared for emergencies.** Disaster situations, such as a tornado or fire, or other emergency situations can significantly impact everyone’s safety, and can be especially dangerous for individuals with dementia. Always be prepared with an emergency kit that would provide your loved one with the right tools to be safe during a disaster.

MedicAlert + Alzheimer’s Association Safe Return is a 24-hour nationwide emergency response service for individuals with Alzheimer’s or another dementia who wander or have a medical emergency. Call the Alzheimer’s Association at 800.272.3900 or visit alz.org/safety to learn more about keeping your loved ones safe.
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Michigan Great Lakes Chapter
The day with the most light is the day we fight

Held annually on the summer solstice, the longest day of the year, The Longest Day symbolizes how for those caring for someone with Alzheimer’s or dementia, every day is the longest day. Either before, on, or after the summer solstice, people choose an activity that they’re passionate about to honor those with Alzheimer’s and to raise funds and awareness for the care, support, and research efforts of the Alzheimer’s Association.

People can join The Longest Day by participating on a team or hosting their own fundraiser. Activities can range from hiking and parties to even baking and puzzlemaking. Many people choose an activity they love, or an activity loved by those affected, like baking your grandmother’s favorite pie recipe or playing cards in honor of your dad’s weekly bridge game. Not only do volunteers engage in meaningful work for a great cause, they also can acquire new connections and skills, while gaining a sense of purpose.

Trey Litz, a volunteer with the Alzheimer’s Association, has participated in The Longest Day for five years. “I began with a block party for the community, then one year we played Bubble Soccer. Last year, we organized a softball tournament. I love how The Longest Day offers a chance to find creative ways to help end Alzheimer’s.”

Visit alz.org/thelongestday to get inspired and start your team!

TAKE THE FIRST STEP TOWARD A WORLD WITHOUT ALZHEIMER’S

Join us for Walk to End Alzheimer’s – a celebratory community event where you’ll join your friends, family, co-workers and community members to help raise awareness and funds for Alzheimer’s care, support and research.

- **START A TEAM** by becoming a Team Captain or join an existing team
- **FUNDRAISE** by asking others to join you, using social media, or holding fundraising events
- **EARN PRIZES** as you raise funds – $100 gets a Walk t-shirt!
- **NETWORK** with other walkers and use our online tools to help make fundraising fun and easy
- **HELP MICHIGAN FAMILIES** when you fundraise! Your dollars go directly toward providing care & support, advocacy & research

FIND YOUR WALK TODAY AT ALZ.ORG/WALK
## Congrats to our Walk to End Alzheimer’s
### 2018 top fundraisers*

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<td>Juanita’s Warriors The Sometimers Team Stephanie Harris</td>
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*Current at the time of printing

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MSU Federal Credit Union is proud to support the Alzheimer’s Association Michigan Great Lakes Chapter in their efforts to raise awareness and funds for Alzheimer’s research, support, and care.
Volunteer for the
Alzheimer’s Association

At the Alzheimer’s Association, all of our activities and events are made possible by the assistance of volunteers. Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer’s disease. Whether you can spare a few hours a week or can make a more significant time commitment, we can find the right fit for your interests and skills.

Nancy Campbell, a retired social worker, has been a volunteer at the Association for more than five years. Five of her family members have been diagnosed with Alzheimer’s or another dementia, including her mother and brother.

“After my mom was diagnosed six years ago, my siblings and I realized we knew nothing about Alzheimer’s disease,” she remembers. She had reached out to the Alzheimer’s Association for help and has continued to stay in touch over time. “They gave me a lot of support and ideas, especially through education classes.” Inspired by her journey as a caregiver and her background in social work, Nancy began helping with care consultations, or appointments with families who needed assistance in their journey.

Since then, she has begun to help with computer entries, operating booths at health fairs, and coordinating social groups. “It’s been really rewarding,” she says. “I feel very welcomed and very much appreciated.” She is committed to giving people hope, support, and resources for their journey with Alzheimer’s disease. “I know the turmoil they go through and I want to reduce that as much as I can.”

“Our volunteers are passionate, inspired and want to make a difference in the fight against Alzheimer’s disease.”

Hannah Brauer, another volunteer and a student at the University of Michigan, served for more than a year as a communications intern. Hannah’s volunteer work included designing graphics, photographing events, writing press releases, and running the chapter’s Facebook page. “I’d never been able to do what I love to help others before,” she says. “As a writer and artist, I’ve always assumed that my work will only be for myself. Knowing that I was helping a cause that I care about really helped give meaning to my work.”

Although her official internship ended last spring, Hannah continues to volunteer, participating in the Walk to End Alzheimer’s and other events aimed at raising funds and awareness. “I want to continue to create awareness for Alzheimer’s disease,” she says. “Helping people understand how it may affect them is a big part of getting people to join the cause.”

As a college student, Hannah is committed to educating young people about Alzheimer’s and getting them involved. She encourages everyone, no matter their connection to the disease, to join the fight and...
become a volunteer. “We need all the help we can get, and there are so many opportunities to use your skills as a volunteer,” she says. “I’m grateful that I can gain awareness for the disease at the same time that I’m spreading it.”

We need your help in the fight against Alzheimer’s disease. The Michigan Great Lakes Chapter is always looking for event planning committee members, program presenters, support group facilitators, office volunteers, advocates, public speakers and media spokespeople, and other volunteers to help further our cause. You can find more information about volunteering and sign up at alz.org/mglc!

HOW CAN YOU MAKE A DIFFERENCE?

- Event Coordination
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- The Longest Day®
- RivALZ®
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- Social Media
- Educational Program Presenters
- Advocacy and Public Policy
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Your story is all you need to get involved in Alzheimer’s Advocacy

Alzheimer’s disease is a national public health crisis, affecting more than 5 million Americans across all walks of life and across all regions of the country. Conquering Alzheimer’s is as much a matter of public policy as scientific discovery, and we need your help to change the future of this devastating disease.

The voices of those who have personally faced Alzheimer’s disease are critical to building a case for support. Your story is all you need to assist in our public policy work, which aims to educate our policy makers about the disease and urge their support for more research funding and better systems for caring for people with Alzheimer’s.

Join hundreds of thousands of Alzheimer’s advocates who are making a difference by:

• Becoming an Ambassador or Alzheimer’s Congressional Team member
• Attending the Alzheimer’s Association Advocacy Forum in Washington D.C., or Michigan Alzheimer’s Advocacy Day in Lansing
• Learning more about the Alzheimer’s Impact Movement (AIM), the advocacy arm of the Alzheimer’s Association, at www.alzimpact.org
• Downloading the ALZ Advocacy app for your smartphone or tablet to get updates and send messages to legislators

To learn more about how you can make a difference through Alzheimer’s advocacy, contact Jennifer Hunt at jahunt@alz.org.
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Each year, the Alzheimer’s Association, Michigan Great Lakes Chapter hosts four regional Alzheimer’s Research Nights, held in late July or early August. These events communicate the latest findings to come from the Alzheimer’s Association International Conference (AAIC) held each July. AAIC is the world’s largest annual gathering for the Alzheimer’s and dementia research community – including scientists, clinicians, and care providers.

Dr. Bruno Giordani, Associate Director of the University of Michigan Alzheimer’s Disease Center and professor of Psychiatry, Neurology and Psychology will be sharing information attained from attending the conference at these free community events, presented by the Alzheimer’s Association, Michigan Great Lakes Chapter.

New studies reported at AAIC each year cover the spectrum of Alzheimer’s and dementia research, including causes, risk factors, diagnosis, treatment, and prevention. Topics include:

- The latest in Alzheimer’s drug trials
- New methods in early detection of Alzheimer’s disease
- Alzheimer’s, dementia, and cognitive decline risk factors and possible risk reduction techniques
- Advances in determining the causes of Alzheimer’s and related dementias, including genetics

To find out when the next Research Night will be held near you, or to learn more about the Alzheimer’s Association’s involvement in research studies including how you can participate, call us at 800.272.3900 or visit alz.org/mglc.

THANK YOU,

for your support of the 2018 Lansing Walk to End Alzheimer’s
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OF THE
ALZHEIMER’S ASSOCIATION
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TRACY JAMES
COMMUNITY OUTREACH / MARKETING COORDINATOR
Caring for someone with Alzheimer’s disease can feel hopeless at times. You may help them get dressed in the morning or cook their dinner, though somehow these tasks feel trivial. You want to give them the world, yet do not know how. But what if you were the answer to the cure?

Currently, Alzheimer’s disease cannot be cured, prevented or slowed. But research can change that, and it all begins with clinical trials.

Clinical trials are research studies conducted to determine whether treatments are safe and effective. These studies can also help inform researchers about caregiving, life with Alzheimer’s, early detection, brain function, and more. Such research can lead us closer to finding a way to cure, prevent, or treat the disease. Anyone can participate in this research; whether you have dementia, are at risk of developing it, are a caregiver or a healthy volunteer.

Bertha Bullen and her husband Jim Kruse decided to get involved in research due to their passion to end Alzheimer’s. Throughout the couple’s marriage, they have been faced with the grief that comes with this disease too many times. Between the two of them, eight family members have been diagnosed with Alzheimer’s.

One in nine people over the age of 65 will be diagnosed with Alzheimer’s disease, and Bertha and Jim knew they could not see another loved one go through the same heartbreak. Together, they’ve turned their pain into motivation. “It’s one thing to sit around and say ‘Oh, I hope for a cure’ or ‘I’d like to see a cure,’” says Bertha. “But it’s another to take some further action.” The couple has participated in many trials over the years, ranging from a simple interview process to trials attempting to map the brain through MRI scans.

For those who want to participate in research, it can seem like a daunting task to find the right trial. That is why the Alzheimer’s Association created TrialMatch, a clinical studies matching service that connects individuals with Alzheimer’s, caregivers, healthy volunteers and physicians with current studies. It is almost like online dating, but for research!

Participating is free, noninvasive, and easy, there are more than 250 promising clinical studies being conducted right now across the country. Scientists are working constantly to find enhanced ways to treat diseases, but improved treatments can never become a reality without testing in clinical trials with human volunteers. Over 250,000 individuals have already visited the TrialMatch website searching for information on clinical studies, and you can, too.

Don’t just hope for a cure, help us find one. By participating in clinical trials, you can help people with Alzheimer’s and their caregivers play an even more active role, contributing to scientific discoveries benefiting themselves and future generations. To learn more about TrialMatch, visit www.alz.org/trialmatch.
THANK YOU,

WOODLAND TERRACE
for your support of the
2018 St. Joseph
Walk to End Alzheimer’s

WALK TO
END
ALZHEIMER’S
alzheimer’s association

alzheimer’s association
Michigan Great Lakes Chapter
Receiving a diagnosis of Alzheimer’s is never easy — it’s life changing. In the early stages of Alzheimer’s, especially after a recent diagnosis, most people are just trying to figure out how to manage day to day. However, putting financial and legal plans in place allows the person with dementia to express their wishes for future care and decisions. It also allows them time to work through the complex issues involved in long-term care. Here are our top tips for financial and legal planning in the face of an Alzheimer’s diagnosis.

**Financial Planning**

As the disease progresses, so will a person’s care needs. While medical insurance covers some costs of care, there are many things it does not cover. Here are some common costs to consider:

- Ongoing medical treatment for Alzheimer’s-related symptoms, diagnosis and follow-up visits
- Treatment or medical equipment for other medical conditions
- Safety-related expenses, such as home safety modifications or safety services for a person who wanders
- Prescription drugs
- Personal care supplies
- Adult day care services
- In-home care services
- Full-time residential care services

In addition to planning for the cost of care, there are many ongoing financial duties to discuss, including:

- Paying bills
- Arranging for benefit claims
- Making investment decisions
- Preparing tax returns

Financial advisors, such as financial planners and estate planning attorneys, are valuable sources of information and assistance. They can help:

- Identify potential financial resources
- Identify tax deductions
- Analyze one’s investment portfolio with long-term care needs in mind

**Legal Planning**

Legal planning is another essential piece of planning for the future. In order to ensure that a person’s wishes are met both financially and medically, legal assistance may be needed. This early planning prevents families from struggling to make medical and financial decisions before their loved ones are no longer able to participate in those decisions, or from disagreements among family members about the wishes of their loved one.

The Alzheimer’s Association recommends that every legal plan should include the following:

- Plans for health care and long-term care
• Plans for finances and property
• Identification of another person to make decisions on behalf of the person with dementia (i.e. Power of Attorney)

These strategies will ensure that a person’s medical wishes and plans for finances and property are followed or that a designated person has the authority to make those decisions. A good place to start is talking to a care consultant who specializes in dementia. There are many community agencies that do care planning. The Alzheimer’s Association can help start a care plan and to connect families to local resources 24 hours a day at 1-800-272-3900 or www.alz.org. One may also visit the Eldercare Locator online at www.Eldercare.gov or by calling 800.677.1116. The online directory of the Financial Planning Association can also be helpful at www.plannersearch.org or by phone at 800-322-4237.

A few more key tips:

1. Talk about finances and future care wishes soon after a diagnosis
2. Organize and review important documents
3. Get help from well-qualified financial and legal advisors
4. Estimate possible costs for the entire disease process
5. Look at all insurance options
6. Consider work-related salary/benefits and personal property as potential income
7. Find out which government programs you may be eligible for
8. Learn about income tax breaks for which you may qualify
9. Explore additional financial assistance that can be provided
10. Take advantage of low-cost and free community services

An Alzheimer’s or dementia diagnosis is not something that anyone is prepared for, but the sooner plans for the future are established, the better prepared the caregiver and the person with dementia will be.
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